4 T honey I tsp. pepper lio sldatsgev 2 I

*Lemon Dressing (makes 2 cups)

Blend all ingredients well.

I C reconstituted lemon juice

1/2 C sugar

I T salt

Add salt and pepper to taste. Chill before serving. Combine all in gradients, toss well coated with dressing. *Lapprox.) mayonnaise or lemon dressing*

2 C diced cooked chicken, turkey or ham 1/4 tsp. curry powder (optional) 1 1/2 T chopped paraley or green onion ¹/2 C diced oranges or pineapple 1/2 C chopped walnuts anisist seedless raisins 2 C diced, unpeeled apples I C thinly sliced celery

Waldorf Supreme Salad (serves 6-8 side salads)

after 20-30 minutes of baking as needed. Bake at 375 degrees for I hour. Cover with foil to prevent discoloration steam to escape. Garnish as desired (may use egg white to make shine). Dot with butter. Cover with top crust, seal edges and make holes for dry mixture with apple as and turn into pastry lines pan. Pack in firmly. orange juice and mix to prevent discoloration while chopping. Combine Sift dry ingredients. Peel and chop apples into pieces. Splash them with

> 1/4 C orange juice (to prevent discoloration) 6 Courtland Apples (# varies with size of apples)

> 4 Golden Delicious (# varies with size of apples) gomina .qsi #/1 3/8 tsp. cinnamon 1 C sugar 4 T cornstarch

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a bottom crust.

try fork. Combine to form a bal of dough and divide it to make a top and milk one tablespoon at a time, mixing well after each addition with a pas-Sift dry ingredients together twice. Cut in shortening, Sprinkle in oil then

I egg white for garnish 5-7 T cold milk I C butter-flavored shortening lio sldatspsv T I 2 T brown sugar 5/4 tsp. baking powder

3 C flour Crust: (Serves 8)

i i/z tsp salt

Apple Pie 1st Place winner in the CT Two-Crusted Pie Final!

I T canola oil (egnivose 8) Sapple Bisque (6 servings)

2 lbs. sweet potatoes, peeled and cut into 1-inch cubes

for 40 minutes or till crisp and brown.

1/2 tsp. cinnamon

Apple Crisp

1 T reconstituted lemon juice

Basic Apple Sance (makes 3 cups)

1/4 tsp. freshly ground black pepper

I tsp. dried basil, crushed

3/4 apple juice

2 C chopped onion

I tsp. dried thyme, crushed

3 C chicken or vegetable broth

the soup to the pan, and heat until warmed through.

8 medium sized apples

4 C sliced Cortland apples

1/2 C andar

(sgniurse 8)

Filling:

1/2 C water

as for pastry and sprinkle over the apples. Bake at 375 degrees sifted flour, oats and salt in a bowl. Cut in butter and shortening

greased 10" x 6" x 1/2" baking pan. Combine brown sugar and

Place apples mixed with sugar and cinnamon in the bottom of a

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juice and add sugar to taste. Stir until dissolved. Serve hot or cold.

until soft. Press through sieve or food mill; add cinnamon, salt, lemon

Core and dice apples; place in saucepan, add water and salt, simmer

batches (depending on the size of your processor) until smooth. Return

and simmer for about 15 minutes, or until the potatoes are tender. Cool remaining ingredients, cover partially, and bring to a boil. Reduce heat

slightly. In the work bowl of a food processor, puree soup in several

and cook for about 3 minutes, stirring occasionally, until tender. Add In a large saucepan heat the oil over medium-high heat. Add the onion

2 tart apples, cored, peeled, cut into 1-inch cubes (about 12 ozs.)

ı½ C pntter

I C rolled oats

I C prown sugar

I tsp. salt

1/2 tsp. cinnamon

1/3 C shortening

iles .qsi salt

I 1/4 C Flour

¹/2 C (or more) brown sugar

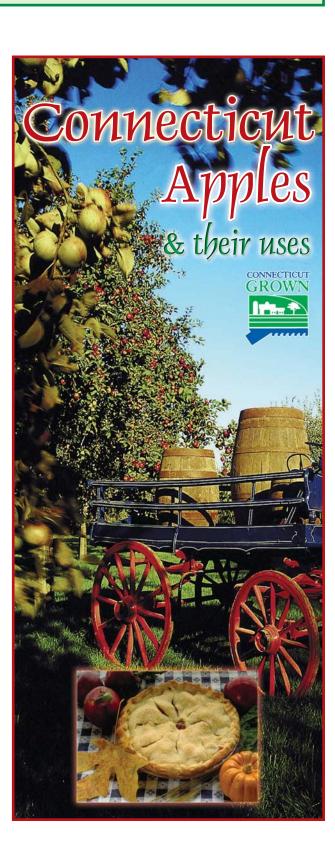
Usage Char	t <u>é</u> means	particularly g	good for that	t use;	means e	xcellent.
Variety	Flavor	Eating	salad	Sauce	Pie	Baked
Baldwin	Sweet - Tart	(É	É	É	É
Cortland	Sweet - Tart	É	ÉÉ	É	É	É
Crispin	Sweet	ÉÉ	É	ÉÉ	ÉÉ	É
Empire	Sweet - Tart	ÉÉ	É	É	É	
Fuji	Sweet	É	(É	É	
Gala	Sweet	É	É	ÉÉ	É	É
Ginger Gold	Sweet - Tart	É	É	É	É	
Golden Delicious	Sweet	É	ÉÉ	ÉÉ	É	É
Honeycrisp	Sweet - Tart	ÉÉ	É	É		
IdaRed	Sweet - Tart	É		É	ÉÉ	ÉÉ
Jersey Mac	Tangy	K				
Jonagold	Sweet - Tart	ÉÉ	ÉÉ	É	É	É
Liberty	Tart	É				É
Macoun	Sweet	ÉÉ	É	É		
McIntosh	Sweet - Tart	ÉÉ		É	É	
Northern Spy	Tart	É	É	É	ÉÉ	ÉÉ
PaulaRed	Tart	É	É	É		
Pippin	Tangy Sweet			É	É	
Red Delicious	Sweet	É	É			
Rome	Tart	É	-	É	ÉÉ	É
Spartan	Sweet- Tart					

Handle with carel

Handled and stored properly, unbruised apples have a storage life of 90 days or more.

Follow these suggestions for getting the most out of your apples:

- Choose apples that are bruise-free and firm to the touch. Bruised apples can decay quickly.
- Handle apples gently to prevent bruising and skin damage.
- Store apples in the refrigerator—they'll last up to ten times longer than if left at room temperature.
- · Apples absorb odors easily, so keep them away from foods with strong odors.





August

GingerGold

Sweet, tangy and juicy. Round with a smooth green-yellow skin that has a slight red blush. Discovered in 1969 in a Virginia orchard. Possible cross between a Golden Delicious and a Pippin. Ripens mid-August.



Jersey Mac

Bright red with yellow highlights. Good eating apple with aromatic, medium-firm flesh. Introduced in 1971. Ripens mid-August.

Paulared

Solid red, with tart flavor. Equally good for cooking and eating. A relatively new apple (1968). Ripens in late August.



September

Macoun

With their wine-red color with gold accents, Macouns are highly regarded for their aroma and sweet-tart, juicy flavor. Excellent for snacks and desserts and good for all culinary uses. Developed in 1909 from Jersey Black and McIntosh parents. Ripens in mid-September.



Especially juicy, slightly tart, and the most aromatic of all apples, with two-toned red and green skin. McIntosh is the quintessential New England apple, excellent for every use. Discovered as a chance seedling in 1870, the "Mac" accounts for nearly two-thirds of a total New England apple harvest of more than five million bushels.

Gala

Red-orange, with yellow stripes. A sweet crisp flavor and texture. Very good for salads and sauces. Introduced in 1934. Ripens in late September.

Ripens early September.



September

Cortland

A larger apple good for baking, with a deep, purple-red color. Moderately juicy and fairly sweet. Their white flesh doesn't brown when sliced so Cortlands are a standout for fruit salads,



dipping in toppings, or eating with a plate of sharp cheddar cheese. Developed in 1898, a cross between a McIntosh and Ben Davis. Ripens late September.

IdaRed

Bright golden red. Their tangy taste mellows at maturity. Excellent for snacks and all culinary uses. Developed in 1942. Ripens in late September.

Empire

Deep red skin brushed with gold and green. The Empire is mildly tart-sweet and has juicy firm white flesh. A highquality dessert apple, good for all culinary uses. A newer variety introduced in 1966 from McIntosh and Delicious parents. Ripens late September.



Pippin

Green with yellow highlights. Tangy sweet. Best for cooking and baking. Dates back to 1700. Ripens in September.

HoneyCrisp

Deep red over yellow skin. Produced from a 1960 cross of Macoun and Honeygold. Exceptionally crisp and juicy texture. Its flesh is cream colored and coarse. A large apple excellent for desserts. Ripens late September.



Spartan

Red and green skin. Juicy, tart-sweet taste is good for snacks and salads. Introduced in 1936. Ripens in late September.



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The Seal of Good Taste

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October

Fuji

Red blush with green and yellow stripes. Crisp, firm, juicy flesh. Developed in Japan in 1939. Ripens in October.



Jonagold

Bright red with gold. Crisp and juicy, Jonagolds are good fresh, in salads, and for cooking and baking. Introduced in 1968 from Golden Delicious and Jonathan parents. Ripens early

Eastern Red Delicious

The unique shape of this red apple tapers to a five-knobbed base. Sweet, tender and juicy. Best for crunching out of hand and in fruit cups and salads. Developed in 1872, Red Delicious is America's most plentifully grown apple. Ripens early October.



Golden Delicious

Golden or light-green, with pink blush. Tender, mellow, sweet. Wonderful fresh and in salads. Developed in 1912. Ripens in October.

Rome

A medium large, bright red, round apple with a slightly tart taste. Rome is considered one of the finest baking apples available. First propagated from seed in 1828. Ripens mid-October.



Green-yellow skin with a red semi-stripe. Flesh is cream-colored, sweet and juicy. Introduced in 1978, a cross between a Macoun and Purdue. An all-purpose apple. Ripens in early October.

Crispin (Mutsu)

Greenish yellow to yellow. Good for cooking. Introduced in U.S. in 1968. Ripens mid October.



Baldwin

Pale greenish-yellow flushed with purplish-brown. Juicy, with trace of sweetness. Stores extremely well. Developed in Massachusetts in 1740. Ripens mid-October.

Northern Spy

Large red and green skin, spicy tart flavor. A favorite for apple pies. Developed in 1800. Ripens late October.